

structions in dietetics and the culinary art. Practical demonstrations regarding the dietary and caloric features of the food question are being given by means of model meal exhibits in connection with several lunch services in industrial and business institutions and a plan for similar educational work has been presented to the Department of Health for use in its proposed lunch room and in the new Municipal Building lunch service. The Department of Social Welfare through another of its Bureaus, namely, the Bureau of Welfare of School Children, has seized another good opportunity for educating the school children by tying up with the school lunch service which this Bureau now operates in 28 elementary and high schools a system of practical instruction not only regarding the use of food in cooking but the proper methods of making food purchases in the stores, etc.

All of us must realize that if health appropriations for this type of work are to increase, the people must be intelligently informed of the true, comparative values of these health measures. In health work, in clean food work as everywhere else, education is the essential prerequisite to sound judgment concerning relative health values.

Book Review.

The Nervous System and its Conservation. By Percy Golthwaite Stiles. Philadelphia and London, W. B. Saunders Co., 1914. Pp. 229. \$1.25

This most interesting and clearly written volume is an attempt to apply the fundamental facts of the anatomy and physiology of the nervous system to the explanation of many events of daily life, thereby bringing out more clearly the physiologic basis of the hygiene of the nervous system. The writer has been for many years a teacher of personal hygiene as well as of physiology and the reader readily sees that he has studied each of these sciences with the other constantly in mind. The book he has given us is therefore most useful both to students of physiology and to students of personal hygiene. Every year sees the facts of physiology brought into closer relation with the experiences of daily life and it is most helpful to the student of the science, even to the student of the elements of the science, to read a book like this which is constantly pointing out the applications of physiology; no less helpful is it to the student of personal hygiene to have emphasized the physiologic basis of the solution of his problems.

The book is interesting and suggestive to all students of the subject; it will find its greatest usefulness among those who are not specialists in physiology, neurology, or psychiatry, but whose work must reckon more or less with each of these sciences. The general practitioner will be abundantly rewarded by finding new points of view; students of education need just the clear comprehension of the facts presented which they will obtain from its perusal. Finally it is a book for the general reader; no one need fear getting lost in the maze of nerve terminology or from the constant employment of concepts familiar only to the specialist. Language could not be simpler nor exposition more lucid. It is interesting and entertaining at the same time that it is soundly scientific in its point of view; and not the least of its merits is that it does not "dictate in a dogmatic spirit" but rather opens "important matters to fuller discussion."

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